

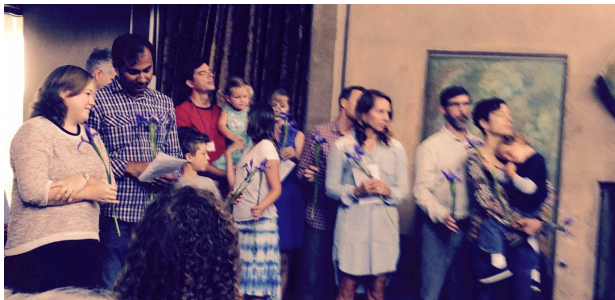
# DIALOGUE

***THE UUFSD QUARTERLY MAGAZINE***

Inspired by our UU principles, we are a vibrant, intentionally diverse congregation that models and promotes both locally and globally: love, spiritual growth, service, right relations and sustainable living.

## ***HAPPENINGS***

**October- December 2015**



### **New Member Recognition, Oct 4, 2015**

The congregation welcomed new members and their families to the Fellowship. Joining us in covenant to making this a compassionate, loving, and joyful community were: Karl and Ellen Whealton, Susan McGinn, Peter Campbell Kim Cohen, Jennifer Bearden, Marta and Nagdeep Giri.



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### **YRUU Home Build, October 3/4, 2015**

YRUU members Siena Elvins, Eva Downes, Lily Franzwa, Madeline Masser-Fry, Caleb, David Linn, and Daria Miller were joined by Kathy Faller, Robin Sales, Chris Faller, Chris Faller, Bruce Brennenan, Ann Linn, Diane Masser Frye, Jessie McConville, Maria Angelella and Barry Hatfield to complete a home build for in Tijuana over the weekend.

## Day Laborers Lunch Program - October/November/December 2015

**October Crew:** Joyce and Alex Qaqunda, Nancy and Roger Harmon, Debbie Ploeser, Irv Himelblau

**November Crew:** Nancy & Roger Harmon, Debbie Ploeser, John Drummond, Irv Himelblau

**December Crew:** Nancy & Roger Harmon, Holiday Geiger, Irv Himelblau, Liv Walsh

To help, contact Livia Walsh and Nancy Harmon at [immigration@uufsd.org](mailto:immigration@uufsd.org)



### San Diego Food Bank

**October 2015:** Six members of UUFSD assisted in bagging 1,200 pounds of apples and 5,000 pounds of onions.

**November 2015:** Twenty nine people, including six members of the UUFSD, boxed over eight (8) tons of food for seniors in need!!!!

**December 2015:** Six members of the UUFSD and friends made 540 boxes of food for Seniors-in-need.

For more information contact Sara Ohara at [sara@saraohara.com](mailto:sara@saraohara.com)



### Pride by the Beach October 10, 2015

Joining our UU family from Chalice and Palomar UU, we hosted a table at the Oceanside **Pride by the Beach** event. We proudly displayed our Standing on the Side of Love banner and aired how Unitarians stand by our first principle and belief *in the inherent with and dignity of every person.*

## Environmental Justice Forum, Oct 25, 2015

### *The Global Environmental Crisis: What It Is and How We Can Respond*

Climate change is happening now and is radically altering our biosphere—the envelope of earth, air, and water that sustains life on Earth. To avoid the worst impacts from the global environmental crisis we must make both personal and collective changes in our lives. Our speakers for this event were members Jeff Severinghaus and Todd Elvins.



### Dia De Los Muertos, November 1, 2015

We had a fabulous and colorful Dia de Los Muertos service at the Fellowship led by Alison Crotty and Susan Hahm! Dias de los Muertos is a Mexican holiday celebrated throughout Mexico and acknowledged around the world in other cultures. The holiday focuses on gatherings of family and friends to pray for and remember friends and family members who have died and to help support their spiritual journey.

## Dia De Los Muertos

**UUFSD at Colonia Park,  
Nov 1, 2015**



**Karen Eckhart:** "It was a wonderful event! More than 25 families set up elaborately decorated 'ofrendas' (home altars) with framed photos of loved ones, fruits, food, marigold flowers and personal items on colorful textiles, around the perimeter of La Colonia Park. Some even displayed posters telling of the families' historic ties to the Eden Gardens Colonia. Live music and folkloric dancing filled the air. I was proud of our UUFSD participation and will look forward to the second Annual celebration next year. A beautiful community cultural tradition in the making!"

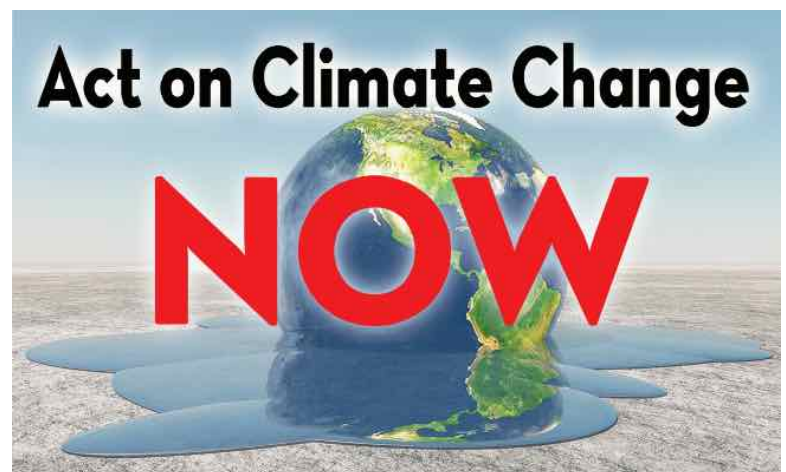
## SAC Spanish Speaking Drivers License Class Thursday, November 5, 2015

Sixteen people attended a drivers' license orientation sponsored by the UUFSD SAC Immigration and Reform Task Force with the North County Immigration Task Force (NCITF) and the Encinitas Branch Library. This session was followed by two intensive classes in November. Another by-product of this project was the scheduling of a DACA and DAPA training session that will take place in March 2016, cosponsored by the UUFSD, UURISE and the Encinitas Library.



## Thanksgiving 2015

We had another wonderful Thanksgiving feast with 65 of our members and friends.



## Opportunity Fair, Sunday, November 15, 2015

What does UUFSD have to offer your heart and mind? We're glad you asked. We listen. We care. We share fellowship! Did you know we have a book club AND a poetry club? We also have meditation and Sacred Circle spiritual groups. We enjoy concerts and potlucks and cultural celebrations. And our Social Action Committee does hands-on advocacy every week. There is an entire committee just for Fun and Fellowship! (A committee for fun. What's not to love?) Join these groups and MANY others! Information is available at [adrienne@uufsd.org](mailto:adrienne@uufsd.org)



**Our Minister Rev. Meghan Cefalu and our Director of Connections Adrienne McCord in one of their more serious moments.**

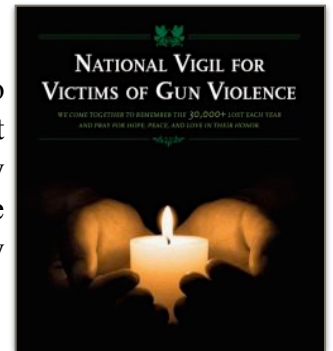


Don't miss out in the opportunities to participate. Visit our web site at [uufsd.org/Events & Info/Committees & Groups](http://uufsd.org/Events%20&%20Info/Committees%20&%20Groups). Become part of our vibrant spiritual, social justice, and other uplifting activities.

## Gun Violence Prevention Vigil, Dec 13, 2015

### "Compassion with Hope"

Once again the UUFSD hosted the San Diego County Gun Violence Prevention Candlelight Vigil. Over 180 people came together to pay tribute to the children and teachers that were gunned down at Sandy Hook Elementary School three years ago.



### GVP Vigil (cont)

Our speakers for the event were Steve Bartram, Rev. Meghan Cefalu (UUFSD), Pastor Bill Harmon, Retired Pastor of ELCA, Rev. Dr. Christina Tillotson, Seaside Church, Encinitas City Council Deputy Mayor Catherine Blakespeare, Rev. Jim Grant of First UU Church of San Diego, and County Supervisor Dave Roberts. Rev Ian Ridell led the procession in song, and Rich Franzwa and Alisa Guralnick of the UUFSD provided musical interludes. We obtained 134 signatures on a petition asking President Obama to sign an executive order closing the gun sales loopholes. A special thanks to Steve Bartram and the numerous volunteers that made this significant event possible.

### Vigil in Support of Refugees December 17, 2015 and Interfaith Mosque Open House, December 2015

Members of the UUFSD participated in a candlelight vigil in support of refugees. We joined members of the Chalice and Palomar Fellowship and over 100 other participants from diverse faiths. On Sunday, December 20, fifteen members of the UUFSD once again joined Chalice and Palomar Fellowships and over 100 participants at the Majid Al-Ittehad Mosque in Vista, CA, where we learned more about the faith of Islam, and were treated to wonderful lunch by members of this Muslim community.



### 2015 Holiday Festivities, Holiday Party, Xmas Eve Services



## SERVING WITH GRACE CLASS by Rev Meghan Cefalu

*Common wisdom* holds that people come to church for a sense of belonging and that getting involved with a committee or task force is a great way to meet people and feel more connected. You do meet people while serving on a committee, and, yes, working together in common purpose can create these bonds. But perhaps this is not really why people come to church. Though this is often why they say they come, I think there is an even deeper reason – to have their lives transformed. If so, then no amount of encouragement will get them to sign up for one more thing in their already busy lives. Just *getting involved* is not enough. It doesn't speak to their deepest need – a transformed life.

*Imagine if* the practical and administrative work of the church – meetings, planning, teaching, etc. – was understood not as a necessary evil but as an integral part of the mission of the church to spiritually nurture us. What if lay leadership were not a means to an end but an end in itself? Could you experience the meeting room as a zendo and the deliberations of a task force as a form of group prayer? Imagine church not as a place led by a few overly taxed people but one where leadership is a broadly shared ministry that members of the community undertake for the deep joy of it.

*“Serving with Grace”* is intended for current and potential lay leaders, to help you understand your work for the church as an integrated aspect of a fully rounded spiritual life.

The class will begin Wednesday, February 9, from 7:00 - 8:30 pm, and continue for 6 weeks, ending on March 23. Facilitated by Rev. Meghan and Adrienne, the class will use the book *Serving With Grace* by Erik Walker Wikstrom and will cover the spirituality of service, self-discovery, the sacredness of “no,” mindful meetings, mission and community, and leadership support. Copies of the book will be available in the UUFSD Office for purchase (\$10.50). Committee chairs and members, volunteers, members of the board, and anyone interested in lay leadership are encouraged to attend. Send an email to [office@uufsd.org](mailto:office@uufsd.org) to indicate your interest.

*Here's what* others have said about this class:

“My thoughts regarding my work at [my church] have shifted from a sense of responsibility and individual burden to the freedom of joy and spirituality.

“[The class] refreshed and renewed my hope in the possibility of building the beloved community right here.”

## THE UUFSD BOOK CLUB PALMER LIBRARY, 7 TO 8 PM.

January 11: *Swann's Way* by Marcel Proust (Vol 1 of *Remembrance of Things Past*)

February 8: *Abundance: The Future is Better Than You Think* by Peter Diamonds & Steven Kotler

March 14: *The Rosie Project* (novel) by Graeme Simsion

Contact Cathy Leach-Phillips at [bookclub@uufsd.org](mailto:bookclub@uufsd.org)

## DEBENNEVILLE PINES

PSWD Elementary/Family Winter Camp: Feb 13 - Feb 15, 2016

UUFSD Annual Family Camp: April 8-10, 2016

Contact: Christie Turner or Chris Faller: [deBenneville@uufsd.org](mailto:deBenneville@uufsd.org)

## MINDFUL SELF COMPASSION WORKSHOP

Do you have a harsh inner critic? Learn to bring more kindness, compassion and ease to difficult moments and life challenges. Free to the public.

Where: Founders Hall When: Saturday, January 16, 2015 Time: 11:15 to 1:00 pm.

Introductory Workshop by Livia Walsh

Contact David Naimark at [Pastoralcare@uufsd.org](mailto:Pastoralcare@uufsd.org)



by John Sherman



## ***What will our donations to the Dream Funders campaign accomplish?***

Good Question! Let's begin with what's already been accomplished since 2011, when Caroline DeMar stepped forward and offered \$300,000 in matching funds to begin the capital improvements effort:

- The paved main parking lot in 2011
- The new audio-visual system in Founders Hall in 2014
- The ongoing renovations of our three classrooms and the YRUU building in 2015-2016
- Paying for the cost of our architect and marketing consultants

What will be coming next addresses all of the needs that, over the years, we have expressed as most important to us: In general terms, we have stated the need for:

1. More parking spaces
2. Permanent amphitheater shading
3. Additional bathrooms at the amphitheater
4. Additional meeting rooms
5. Additional seating for services
6. New office space for staff

The first three items are fully defined in the Dream Funders brochure, and constitute what we originally called Phase 1. Phase 1 has been amended to include items 4, 5 & 6 above. Numbers 4, 5, and 6 are further defined as:

4. Soundproof partitions in Founders Hall (FH), that can be pulled out when needed, to enable additional rooms for meetings.
5. Work on the east side of FH, including a roof, glass enclosure, and new doors, which will enable extra seating for services when needed.
6. As this goes to press, we are also pricing out inexpensive space, in modular units, that will enable Alison to have a private office. Our Music Director would also have an office, and there will also be storage space to replace that lost by the partitions in FH.

Items 4 - 6 don't provide the full solutions that a new administration building, with extra meeting rooms, office space, and audio-visual connection to Founders Hall, would accomplish. But they are excellent, less expensive partial solutions that will suffice until the next capital campaign to fund Phase 2.

### **Can we raise enough money to do all of this?**

### **Which ones do we choose to do if we don't raise enough to do them all?**

These are excellent and reasonable questions, which many of you might be pondering. To the first, we say that the answer is up to us. The general Dream Funders campaign will begin on January 10, and we'll see how much we, as a congregation, can commit to fulfilling these long-term desires. We'll have the answer by early spring.

To the second question, we will also provide a brief questionnaire, along with the commitment forms, for you to prioritize these six elements. So the answer to the second question is that, together, we will choose the most important elements of the six.

# LOVE RADICALLY.

## SERVE GRATEFULLY.

## WONDER DAILY.

by Adrienne McCord

It is a privilege to share communion with this congregation and to collaborate with experienced spiritual leaders serving others with grace, compassion and humor. *Thank you for welcoming me.*

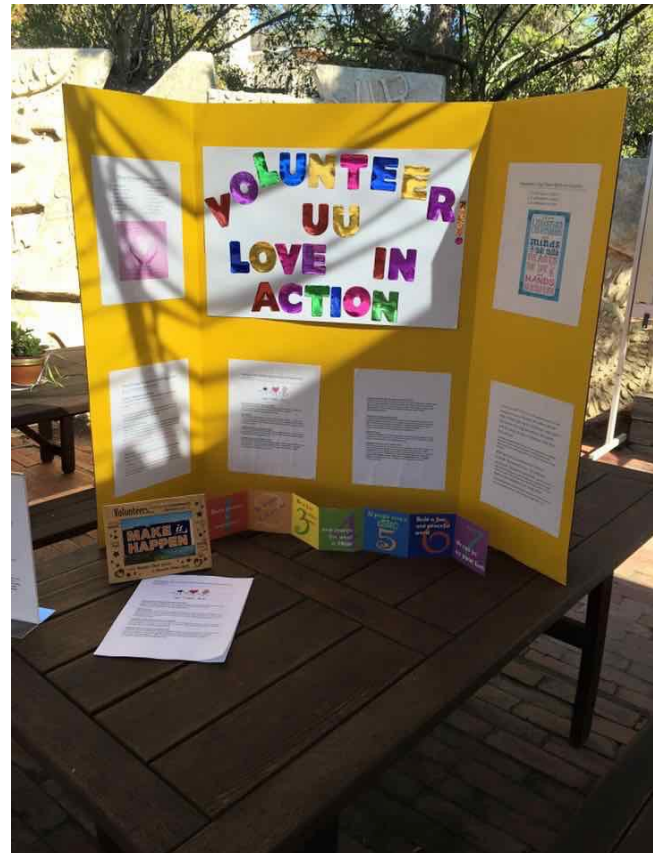
It's not always easy is it? Getting involved in a new group. Finding a spiritual home. What a wonderful opportunity to remind myself to seek out those who are in need of a smile, a hug, a welcome. Whether it is your first time visiting, or your tenth year anniversary of membership, *welcome*. Maybe you come to the Fellowship to fill a need, seek comfort, find friendship, learn and explore new things, or maybe to share stories and passions. There are many ways to become involved to feed your soul and spirit! I know there's a group or committee that has exactly what you need *right now*. **Explore! Enjoy! Enrich!**

It would be remiss to recognize the blessings of activities without acknowledging the sacrifice of service. **Volunteers, THANK YOU** for all that you do. Being involved as an organizer, facilitator, member or chairperson shows an admirable level of dedication.

The Fellowship has much to be grateful for: thoughtful activities, people, events and history and *none of these could happen without hours of service by members* who volunteer their time, energy and love. History tells us that Unitarians are pre-sold on getting involved. (Doesn't that make you proud to be a UU?) We are naturally curious, active and eager to participate. We care about people and the planet and it shows.

THANK YOU for opening up your hearts, heads and hands in the service for good. You are appreciated.

Bright Blessings, Adrienne



# Connections Corner

## What's New?

**Home-cooked dishes** and hand-flipped hotcakes are a huge hit here at the Fellowship, especially when involving members as guest hosts of each event and infusing the meal with shared storytelling! That's right, **the Brunch Series is back** and they have been great FUNdraisers!

**UU's Gone Green!** It's exciting to know that we are living our principles in our actions. Going paperless when possible means using less trees, ink, energy and water.

**Fair Trade coffee served here!** It's more than just serving delicious coffee during Gathering Hour. It's principles in action. We are proud to participate in the Fair Trade Campaign as a *Fair Trade Congregation*.

**Our Twitter handle is @UUFSD.** Follow us for UU news, social action updates and fellowship activities. Curious about Twitter and/or social media? We are hosting Meaningful Social Media workshops in 2016. (see below)

## Upcoming Events and Activities

**Membership Committee** Chair Livia Walsh and I will host monthly meet-ups during the Gathering Hour for members to learn about upcoming events and share ideas about membership and leadership activities, beginning in 2016.

**Mental Health Month** in May planning is underway. Save the date April 30<sup>th</sup> as we are proudly participating in the NAMI walk in downtown San Diego. (carpool anyone?)

**The Pastoral Care** team has arranged for a valuable Question. Persuade. Refer. QPR Gatekeeper Training Course on suicide prevention (course) for early May. Open to all.





## OUR WHOLE LIVES CLASSES COMING JANUARY 2016

by Alison Crotty

Our Whole Lives (OWL) is the Sexual Education Curriculum that the Unitarian Universalist Association (UUA) in conjunction with The United Church of Christ has created for people of all ages.

I can't say enough about the value of this program. To borrow words from the UUA, the OWL program "dismantles stereotypes and assumptions, builds self-acceptance and self-esteem, fosters healthy relationships, and improves decision making." The most important parts of the curriculum, I feel, beside saving

information learned, are the communication skills the youth learn. Not only communicating with future sexual partners but with everyone that they interact with. This includes parents, siblings, teachers, co-workers, friends, bullies, people with differing opinions etc... If you would like more information about the curriculum itself, please visit <http://www.uua.org/re/owl>.

I will be personally teaching the class, and this will be my 4th time teaching our junior high class. The other half of the teaching team is Everardo Aguilar. He is a phenomenal teacher and trains people to facilitate and teach OWL across the nation. We have taught together three times and our easy rapport, combined with laughter and enthusiasm for the program, helps create a relaxed and friendly environment that puts youth at ease.

Former participant of the program at UUFSD, **Claire Steitz**, OWL class of 2013, had this to say: "Teenage years are a tumultuous, critical part of development and beginning them with a foundation of understanding of relationships helped me enormously. I made great friends in a safe environment while learning more about life than I ever would in a sex education class at school. Discussions about consensual sex, STDs, romance, mental health, and more were presented to us in a fun way without feeling uncomfortable. OWL gave me answers to questions I never would have asked because we were encouraged to feel confident in our own voices and reach out for help. I feel much safer entering any type of relationship (friendly, romantic, sexual, authoritative, etc.) than I did before. I really loved being able to ask questions anonymously and to hear my peers' questions, knowing that we were all concerned about the same things and there were educated adults there who cared. OWL was a pivotal turning point for my understanding of healthy interpersonal living and I'm so grateful I could be a part of it."

Because there are no male facilitators that are trained at UUFSD, we need to pay Everardo for his mileage and time. Therefore the cost for the program will be \$200 for members and \$250 for non members. Scholarships are provided for families who can not cover the cost. The class fills up quickly and because it is so popular, we have to cap the class at around 22 youth. So please contact me as soon as you have decided if you want your child to enroll. Please email me at [alison@uufsd.org](mailto:alison@uufsd.org).

**Parent Orientation: Jan 10, Palmer Library - 12:30-2:30**  
**First Youth Class: Jan 17, Palmer Library - 12:30-2:30**  
**Full schedule available to participants and parents soon.**



# UUFSD GENEROSITY SUNDAYS

## 2015 LOCAL AND GLOBAL BENEFICIARIES



A Reason to Survive uses art to create positive, long lasting change for over 50,000 at risk youth throughout San Diego County. ARTS uses media, music and performing arts to create an environment of safety, belonging and hope.



The UUFSD GS supports Border Angels' "Immigration Tuesday" where lawyers offer free legal advice to undocumented workers. Funds also provide water, food, blankets for Casa Inmigrante at border cities as well as supplies needed for outreach and educational activities in Day Laborers communities.



The **Brady Campaign to Prevent Gun Violence** works to pass, enforce, and protect sensible laws and public policy that address gun violence at the federal and state levels. They do this by engaging and activating the American public to elect public officials who support common sense gun laws, and increasing public awareness of gun violence.



**Casas de Luz** Creating self-sustaining change through youth empowerment, cross-cultural relationships, and leadership development. Casas de Luz focuses on three main programs through which we hope to help build sustainable communities in Tijuana. With the help of volunteers and interns we do upwards of ten builds a year, collect and deliver donations weekly, and execute various other community revitalization projects.



**Citizens Climate Education (CCE)** works locally and globally to educate the media and elected officials about solutions to climate change. Through CCE training and education, constituents are able to take the reins and lead elected officials toward solutions that will leave a livable world for future generations.



**The Community Resource Center (CRC)** provides critical assistance to women, children, homeless, and individuals of uncertain economic circumstances through domestic violence services, food programs, and emergency and transitional housing assistance.



**Himalayan Children's Fund** supporting a medical clinic and school outside of Kathmandu, Nepal, where the people still are recovering from the April earthquake. Under the direction of Thrangu Rinpoche, an eminent Tibetan Buddhist teacher, these programs aid children in the school and the surrounding villagers as well. UUFSD has a connection to these projects as Thrangu Rinpoche has guided our meditation groups and some of us have sponsored the children's education. Our Generosity Sunday donation will be doubled by a matching grant.



**The Interfaith Community Services (ICS)**, North County, works to create access to health care services, and safe employment opportunities for low income workers, including undocumented day laborers and farmworkers throughout North County.



**Kids for Peace** provides a platform for young people to engage in socially conscious leadership, community service, arts, environmental stewardship and global friendship. UUFSD supported it's International Day Celebration of Peace service projects. Kids for Peace was selected by our Young Religious Unitarian Universalists (YRUU) as their Generosity Sunday beneficiary.



**National Alliance on Mental Illness (NAMI)**, North Coastal San Diego Chapter, received support for its "In Our Own Voice" stigma-busting outreach program. In this multimedia program, individuals share compelling personal testimonies of overcoming the challenges posed by mental illness. The program is available to business, religious, healthcare, community and law enforcement



**Nepal Earthquake Relief** The UUFSD helped provide earthquake assistance in Nepal in partnership with the Unitarian Universalist Service Committee. This initiative was selected by the UUFSD Junior Religious Unitarian Universalists (JRUU) Coming of Age members.



**Social Advocates for Youth (SAY)** is focused on strengthening the whole child, whole family, and whole community. When children and families face setbacks like poverty, displacement, family disruption or separation, mental illness, substance abuse, or relationship problems. The UUFSD offering benefited SAY's Military Family Resource Center, which assists military families through home and school caseworkers that provide resources supporting children, parenting and special needs and mental health.